

# THE GLEICHEN CALL

VOLUME 43

NO. 19

Authorized as second class mail, GLEICHEN, ALBERTA, WEDNESDAY JULY 26, 1950  
Post Office Department, Ottawa.

SUBSCRIPTION \$2.00 PER YEAR

## Town & District

Mrs. "Buster" Kueche and children of Redcliff spent several days last week in town visiting her father George W. Hunter. At the same time Mrs. Kueche's sister Della and her husband, who live in California were also Gleichen visitors.

Miss Jean Farquharson arrived in town Saturday morning to spend a couple of weeks visiting her parents Dr. and Mrs. G. H. Farquharson. Miss Farquharson makes her home in the capital city of Canada, Ottawa.

Mrs. James Clark and children of Calgary are in town visiting Mrs. Clark's father, W. Boos and her sister Mrs. T. Krause.

Mr. David McBean of Calgary was a visitor to Gleichen Monday. While here he looked up his old friends.

Mrs. Charles Thompson and Mrs. R. S. McQueen of Calgary were in town Monday attending the funeral of the late Mrs. J. J. Robinson.

Mayor and Mrs. W. Sutermeister left a week ago for Chicago for a holiday.

Mrs. Miskew left for Medicine Hat the first part of the week where she intended to enter a hospital for an operation.

Mr. and Mrs. W. Ferguson spent a few days in Edmonton last week. They returned home during the week end.

Mr. and Mrs. Roberts of Calgary were in town for a couple of days last week. While here they spent a lot of time fishing. Mrs. Roberts was a former school teacher here.

Kenny Woods and his sister Louis of Camrose are spending their holidays visiting their grand parents Mr. and Mrs. Eli Woods.

The many friends of Mr. and Mrs. C. T. Jones will be pleased to learn they are much improved in health. They are living in Calgary.

Bill McIntyre of Edmonton is holidaying in town spending his time visiting his parents Dr. and Mrs. McIntyre.

Messers Reid & Kelly, the building contractors are busy at the present time erecting a residence for Donald MacArthur on his farm.

M. Murray, the income tax expert is not very well these days and for several days has been confined to bed at the home of his son Matthew.

Mr. and Mrs. S. W. Holland and daughter Hilda from Regina Sask., who have been holidaying at Banff, stopped off to visit relatives in the Gleichen district over the week-end. While here they were house guests at the home of Mr. and Mrs. N. A. Riddell. Mr. Holland is a brother-in-law of Mrs. Riddell.

### ONLY A NEW TWIST

According to a recent Gallup poll Canadians are now over ninety percent in favor of baby bonuses.

That is not surprising.

Most Canadians have been in favor of a system of baby bonuses since the inception of federal income taxes.

And just that long too have Canadians had baby bonuses. The principle has long been accepted that the more numerous a taxpayer's dependents the less tax he should pay to government.

All our current federal government did was turn an "exemption" into a bonus. It looked politically much better that way.

Now each month the mother of each family gets her cheque from Ottawa. To provide money enough to cash that cheque each person by weekly or quarterly deductions and through increased sales taxes and higher costs of foods and services pays more money to Ottawa. We are all part now of one big family working for father at the capital and he pays out the wages.

There is some merit in the system. There is also much danger.

We listened the other day to a Pole, who is now a Canadian millionaire, relate how he got his first start in business when he first came to this country.

He asked a bank manager for a loan of six hundred dollars. Asked what security he could offer he replied, "I have a wife and four children."



### HOE-DOWN

Hoe-down reels and cowboy tunes are given a lively once-over every Tuesday and Thursday, when the Western Five entertain. In the group from left to right are Connie How-

ren. Incidentally, he got the loan, but it was not on the strength of his four children. In those days they did not represent \$240 per year in baby bonuses. They were merely an indication of stability and a need to work hard.

We must always remember that our governments do not make for us a single dollar. All they do is redistribute the wealth we, as individuals, create through our own labor.

Baby bonuses under present insurance old age pensions and other examples of government paternalism are made possible only through a sacrifice of a portion of present earnings by the people who are working in useful jobs.

In many ways the tax exemption system of "honoring babies" was psychologically sounder than the monthly cheque distribution. It laid the stress on the need to earn before the bonus was paid rather than on the bonus itself.

### Mrs. J. J. Robinson

The announcement of the death of Mrs. John J. Robinson last Friday morning came as a great shock to the people of Gleichen and district.

Mrs. Robinson had been around town and visited various people Thursday and seemed to be as well as ever. Neighbors last saw her around about 7 p.m. Near ten o'clock her young grandchildren called at her house and found their grandmother lying on the bed apparently asleep but they thought it was not a natural sleep and called neighbors. The neighbors found Mrs. Robinson unconscious and called Dr. Farquharson who found her very ill. She was removed to a Calgary hospital and died about ten minutes after arrival there.

Mrs. Robinson was born in Pembroke, Ontario, 66 years ago and had lived in Gleichen for the past 39 years. She was a member of the United Church and of the Auxiliary of the church; also a member of the L.O.B.A., and the Ladies Auxiliary of the Canadian Legion.

Besides her husband she is survived by two daughters, Mrs. S. Hayes of Arrowwood and Mrs. C. Kilcup of Gleichen. She was predeceased by a son John, who was killed overseas in 1944. Also surviving are eight grandchildren; four sisters, Mrs. William Wilson, Mrs. W. McGonegal and Mrs. Andrew Severn, all of Pembroke Ont. and Mrs. G. McDonald, of Chalk River, Ont. and five brothers, Isaac, Leonard, Jack, Eph and Abe Robinson, all of Pembroke.

Monday afternoon at 2 o'clock the United Church was filled to capacity for the funeral services which were conducted by the pastor, Rev. W. Morrison. A full choir was in attendance and the music was supplied by Mr. and Mrs. E. Bolinger. The members of the Ladies Auxiliary of the Canadian Legion were present in a body under the leadership of Pres. Mrs. R. Oliver. They formed a guard of honor at the church when the casket was taken out and at the cemetery took part in the burial service. Interment being made in the family plot.

The pallbearers were Messrs. W. A. Gildart, A. F. MacCallum, D. MacDonald, P. Kelly, R. B. Hayes and G. W. Evans.

### Otto Bogstie

J. O. Bogstie's brother Otto of Turner Valley was so badly burned last Friday afternoon when his clothes

and arranger, conductor and clarinetist; Marcel Laortune bass fiddler; George Appleby, who plays trumpet and mellophone; Oral Scheer, vocalist; Woody Hill guitar player; and Gene Cloutier, violinist.

ignited as he was setting fire to a flare, that he died some hours later. Mr. Bogstie had lighted a flare but was unable to get away fast enough when a flash explosion occurred. His clothes ignited he rolled on the ground in flames down to the waist before fellow-employees could get to his aid. Taken to the hospital he lived for 24 hours before succumbing to severe burns that covered the upper part of his body.

He came to Alberta in 1910 and homesteaded in the Coronation district and in 1918 moved to Gleichen and later to Wainwright where he farmed and during the summer worked in the oil fields. In 1929 he joined the aViley Oil Operators at Turner Valley.

He is survived by his wife; two sons, Fay of Hughenden and Dale of Bartlett; four daughters; Mrs. G. Williams of Red Deer, Evelyn in Calgary and Donna and Beulah in Bartlett; four grandchildren and one great grandchild; three brothers, J. O. Bogstie of Gleichen, Louis in Marysville, Wash., and Lawton of Yale, Oklahoma, and two sisters, Mrs. C. Hogland of Minneapolis and Mrs. D. Bowman of Niagara Falls, N.Y.

The funeral takes place in Calgary today.

### Migration Miracle

BY GEORGE MURRAY

(Continued from last issue)

In the meantime the tailors keep not only the inmates of this camp but other camps as well, in good clothing repair, and the shoe makers never lack a large pile of casualties on which to try out their skill.

Everything is turned to the communal good and to the common benefit.

Even national characteristics are submerged in the effort to train and equip.

Most of the men are Baltic in origin but there are also a proportion of Polish, Ukrainians, Rumanians and Yugoslavs who hope to equip themselves for resettlement.

They are doing their part—but it remains to be seen if the receiving countries do theirs and give those young, enthusiastic and valuable immigrants their chance.

In Eversburg Camp at present there are 28 auto mechanics, 12 carpenters, 7 electricians, 2 fine machinists, 3 gardeners, 20 leather workers, 15 machinists, 10 painters, 21 radio mechanics, 47 shoemakers, 1 silversmiths, 44 tailors, 5 draftsmen, 4 tinsmiths, 30 watchmakers, 11 woodburners, 25 wood carvers and polishers and 11 wood turners.

Fallingboml, Germany. — Food standards in displaced persons camps are just above subsistence level. The IRO has established a daily ration of 2,230 calories as a desirable minimum (the average daily consumption in Canada is about 3,500 calories) but even this standard is sometimes difficult to maintain. Special food supplements are given to children, pregnant and nursing women, the sick, and heavy workers, all carefully calculated.

Feeding in most camps is communal. In the food store everything is neatly stacked and tidy, and the huge brown German-baked loaves are fresh and of good quality. The contents of the bins tally with the records available.

In the kitchen, large boilers give off clouds of steam and red faced cooks and assistants are dashing to and fro. In one boiler stew is bubbling. There are plenty of potatoes, chunks of meat, and vegetables, and the whole boiling cauldron gives off an appetizing aroma. Bread is sliced

in a machine and dollops of margarine and jam are smeared on the freshly cut slices. In another boiler is coffee substitute, the notorious German "ersatz" variety, and already milk and sugar are being added. The menu is stew bread, jam and margarine and a mug of ersatz coffee. Not much of a meal perhaps, but the best that can be done.

The dining room is a huge room in which tables and forms are laid out in orderly rows. The walls are bleak but the monotony is broken here and there by gay Estonian and Latvian flags. There is no luxury but the barrack tables are cleanly scrubbed and the whole impression given is one of clean utility. Plates, spoons and mugs will be brought by the D.P.s themselves and by the door are tubs of hot water for washing up.

At the other end of the dining room is a smaller kitchen where the children's meals are prepared. They get a supplementary issue and the food is therefore cooked separately. Here the meal is much the same, but there is fresh fruit in addition to the stew, bread and jam, and vats of cocoa.

What else is there in camp? Well, there is the school, and the children look extremely well. Little blond girls with ribbons and pigtails, wearing bright woollen jumpers, and close-cropped boys. They learn in their native language but English is also taught for a few hours a week. Nearly all of them have spent a fortnight in the World's Y.M.C.A. summer camp where the tents were pitched on the banks of a stream in a beautiful part of the country a few miles away. At these camps, organized sports takes place, and there is a campfire in the evening with community singing. The Y.M.C.A. provides additional food from its own resources. It is quite obvious that the change has done the children good.

There is also a kindergarten and addition forty children from the camp are attending secondary school in a camp a few miles away. The headmaster tells us that 15 persons from the camp are at a vocational training school. This is very important. Few opportunities exist for the professionally qualified D.P.s. Skilled tradesmen are favored.

Vocational training also fulfills purposes as there are training courses of short duration designed to refresh skills which have been dulled through disuse during the war years, or to provide elementary training for young workers.

In this camp the D.P.s. themselves conduct a good deal of informal "on the job" training and the camp shoemaker carpenter electrician and tailor for example are engaged to training aspirants for their own type of work.

At the other side of the barrack square is the camp hospital and dispensary presided over by the DPAC CS nurse. It is a big enough for 20 patients and has a medical inspection room for daily patients requiring (Continued on last page.)

## HARD OF HEARING!

A Service Centre for People with Hearing Problems will be held at the

QUEENS HOTEL at GLEICHEN

ON

Tuesday, Aug. 1

from 10 a.m. to 9 p.m.

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GLEICHEN

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## A Need For Planning

**THE SHORTAGE OF FOOD** which was felt in many parts of the world during the war and in the period which followed has gradually become less acute. Areas which were prevented from producing their usual crops because of the war have now been under cultivation for some time and transportation difficulties no longer hamper distribution. However, the situation is still far from satisfactory and both farmers and the many people who are not adequately fed, look to the day when there will be assurance that the products of the farm will find their way to the places where there is need for them. A recent report of the Food and Agriculture Organization of the United Nations, which deals constantly with this problem shows that although some progress is being made, a large part of the world's population is still without sufficient food.

### Deficiency In Food Supply

In 1949 world food production rose to 109 per cent. of the amount produced before the war, but the population increased by 113 per cent., leaving an obvious deficiency in the food supply. The situation is particularly serious in the Far East where the present rate of food consumption is not yet up to the low pre-war level, and there is little hope for improvement. Officials of the F.A.O. also point out that only by "well planned production and trade programs can present nutrition standards be maintained in Western Europe after Marshall Plan aid is discontinued."

### Need Is Felt For Action

The Food and Agriculture Organization report also drew attention to the fact that better methods of distributing national food supplies are needed everywhere, including places where there is ample food production, but where high prices prohibit a large part of the population from securing sufficient food. Farmers in every country would welcome the opportunity to produce maximum amounts of food if they were assured of markets for their crops, while hungry people would be willing to buy if they were financially able to do so. The entire situation is not new but is one which has long needed to be improved. It is to be hoped that in the not too distant future some solution may be found to this problem which is constantly in the minds of farmers and of those who are concerned with raising nutrition standards throughout the world.



LEFT BEHIND—Many a pet, same as the one shown above, looking so sad, are left behind in someone else's care while their masters are enjoying a well-earned holiday.

### Big Staff Required By Our King

LONDON. — When the Windsor family went into the business of being kings and queens 1,000 years ago, all a sovereign needed was a lot of nerve and a trusty right arm.

Today the new household list of King George VI shows that it takes 264 assistants to be a monarch these complicated days.

King George has 43 doctors (physicians, extra-physicians, sergeant-surgeons, surgeon-apothecaries, surgeon-oculist, manipulant-surgeons, surgeon-apothe-etc.).

He has 43 chaplains. He has 13 secretaries and assistants and a treasurer, a comptroller, a vice-chamberlain and 14 helpers just to take care of the royal income.

Five people work full time preparing the royal archives and five more control the king's charities.

The king keeps an eye on purity on the stage through his chief assistant, the lord chamberlain.

His palaces are under a lord steward and even in this atomic age he finds it necessary to have a master of the horse.

Sovereigns have to be patrons of the arts, so the king needs a poet laureate, a master of the music and an official miner or painter.

He keeps a corps of "messengers" for communicating with Parliament but these are now elderly gentlemen of distinguished service who have honorary titles like a "gentleman usher of the black rod."

Then there are the yeomen of the guard and gentlemen-at-arms, the king's personal bodyguards, his own postmaster for his palaces and his own private police force.

And, since accidents will happen, King George even has his own coroner.

### WRONG DATE SAVED MAN FROM COURT FINE

SAN ANTONIO, Tex. — A complaint charging Willie L. Williams with negligent collision said the offence was committed "Feb. 24, 195 A.D."

Williams appealed a court fine. Judge C. J. Matthews dismissed the charges.

He upheld a contention there was no negligent collision ordinance in 195 A.D.; that there were no automobiles then and Williams wasn't around at that time.

One gallon of gasoline, properly mixed with air, is equivalent to eighty-three pounds of dynamite.

## Vegetables, Fruits That Serve Well With Meats

To serve with different meats and fish:

1. Beef, Corned — Potatoes, cabbage, carrots, beets, parsnips, pickles, turnips.

2. Beef, Roast — Potatoes, beets, beans, macaroni, boiled rice, squash, turnips, or any vegetables that are in season; horseradish, mushroom sauce, Yorkshire pudding.

3. Beefsteak—Same as roast beef.

4. Boiled Beef — Potatoes, onions, carrots, turnips, parsnips, dumplings.

5. Chicken, Boiled—Potatoes, boiled rice, parsnips, tomatoes, turnips, currant jelly, cranberry, celery or oyster sauce, dumplings.

6. Chicken, Roast—Potatoes, beets, beets, celery, corn, squash, cauliflower, and any vegetable in season; currant or other acid jelly.

7. Duck—Potatoes, corn, beans, onions, squash, boiled rice, apple sauce.

8. Goose — Potatoes, beans, baked macaroni, onions, boiled rice, squash, turnips, apple sauce, giblet gravy.

9. Turkey — Potatoes, beans, corn, parsnips, onions, sweet potatoes, squash, tomatoes, turnips; cranberry, plum, currant or other acid jelly; sausage dressing.

10. Game — This requires an acid jelly, white potatoes, tomatoes, spinach, and salads are appropriate.

Fish, Baked—Beans, corn, lettuce, mashed potatoes, sweet potatoes, squash; drawn butter or Hollandaise sauce.

Fish, Boiled — Potatoes, squash, turnips, tomatoes, horseradish, lemon, tomato sauce or tartar sauce.

Fish, Fried — Cucumber, potatoes, squash, tomatoes, horseradish, sauce tartar.

11. Lamb, Roast—Potatoes, string beans, corn, spinach, green peas, squash, asparagus, cauliflower, turnips, mint sauce, pickles.

12. Mutton—Potatoes, baked macaroni, onions, parsnips, turnips, squash, currant sauce, mint sauce pickles.

13. Pork, Roast — Onions, boiled rice, potatoes, sweet potatoes, tomatoes, squash, apple sauce or fried apples.

14. With Pork Sausage — Serve fried apples or apple sauce.

15. Sweet-breads—Peas, asparagus, cauliflower, tomatoes, macaroni and cheese.

16. Venison, Roast—Onions, potatoes (mashed), squash, turnips, currant jelly.

17. Veal — Potatoes, asparagus, horseradish, parsnips, cauliflower, spinach, sweet potatoes.

### Handkerchief Was Invented By Queen

Does anyone know who invented the handkerchief? Not that it makes much difference except that there is quite a story attached to it. Marie Antoinette was walking in the gardens of the Petit Trianon on a spring morning in 1784. The roses weren't in bloom, and Her Majesty couldn't resist picking one; as she did, a thorn got into the royal finger and it began to bleed. There were no handkerchiefs in those days; all the ladies had was a tiny piece of lace, the size of a visiting card. The Queen tried to bandage her thumb with one of these, but the results were quite hopeless, and the blood kept on flowing. "How convenient it would be," the Queen remarked, "if instead of this bit of lace, we carried a good sized piece of linen with a lace border." No sooner said than done. Shortly afterwards Louis XVI signed a decree, authorizing the manufacture of this revolutionary addition to the feminine trousseau. And the handkerchief was born.

2889

## RECIPE HINTS



Combination Pork Roast is a temptingly delicious dish.

### Combination Pork Roast

Two lbs. ground fresh pork, 1 lb. smoked ham, 1 cup milk, 1 cup bread crumbs, 1 egg, 1/4 tsp. onion salt, 1/2 tsp. garlic salt, 1/2 cup tomato soup. Make loaf of all ingredients except tomato soup. Pack into loaf pan. Pour 1/2 of tomato soup over top. Bake in slow oven (325 deg. F.) for 1 1/2 hours. Serve with additional tomato soup.

Serve hot with additional tomato sauce, browned pineapple slices, and

a combination salad. Any left-overs are cold-sliced and combined with chili sauce or pickle relish for tasty sandwich fare.

Using these suggestions as a guide don't be afraid to branch out, perhaps at first it is wise to try variation of those dishes with which you are now familiar remembering that it is the little extra touches that give the simplest meal a festive air. The added time and trouble will be well repaid in the family's appreciative, "Ummmm, Mom that's really good!"



Shirred eggs with bacon strips provide an easy and tempting meal.

### POACHED EGGS, TUNAFISH AND CHEESE ON TOAST

One large can of tuna; 1 1/2 tbs. butter, 1 1/2 tbs. flour; 1/4 cup milk; salt, paprika; 6 poached eggs; 6 slices toast; grated cheese.

This makes a perfect meal if served with a tart salad, fresh cookies and a beverage.

### Shirred Eggs With Bacon Strips

Grease individual baking dishes with bacon fat. Sprinkle bottom with layer of bread crumbs. Circle one or two bacon strips around the edge of dish. Slip an egg into each. Bake in a moderate oven (350 degrees F.) 12 to 20 minutes, depending upon the firmness desired. Top each with a bit of butter. Serve from the baking dishes and let each person season his own.

### Pickle Hints

1. Tough, shriveled pickles are the result of too much salt or sugar, or of too strong a vinegar.

2. Soft pickles are the result of too strong a vinegar or of having been put in a brine that was too weak.

3. Hollow pickles are due to imperfect cucumbers or to too great a lapse of time between harvesting and pickling.

4. Slippery pickles are the result of letting the cucumbers stand above the brine.

5. Off color is the result of using the wrong kind of vinegar or of cooking in a copper kettle.

6. Use high-grade cider vinegar or pure vinegar, 40 to 60 per cent. in strength. When using full-strength cider vinegar, dilute one-half with water.

7. Avoid water having excess minerals.

If these precautions are taken, your pickling should be successful.

Vacation time is here—so, beware of summer hazards which can ruin a good holiday. These include excessive sunburn, poison ivy, over-exertion, and unpasteurized milk.

### STOP THE ITCH OF Insect Bites—Heat Rash

Quick! Stop itching of insect bites, heat rash, eczema, hives, pimples, scales, scabies, athlete's foot and other externally caused skin troubles. Use the quick-acting, soothing, antiseptic **Dr. B. D. PRESCRIPTION**. Greaseless, stainless. Stops itch or money back. Don't suffer. Your drug list has **Dr. B. D. PRESCRIPTION**. 1-9

### All Right To Burn Down Own House

CIRCLEVILLE, O.—It will be perfectly all right for a nearby resident to burn down his own house—just as long as he informs the fire department.

Fire Chief Talmer Wide gave that answer to Lee Duncan who asked if he could ignite an ancient, unoccupied, uninsured two-storey dwelling to save normal wrecking costs. Duncan promised a "quick and thorough" job.

Wide consulted the best legal talent, who told him the fire would be all right "as long as there is no fraud."

The chief made just one request—to call the fire department when the blaze is started.

"We don't want to be called out on a fire which we ourselves have authorized," he said.

### IN THOSE DAYS

A young mother was telling her grandmother about how she and her husband always argued over who should get up and give their little baby his bottle at the 2 a.m. feeding. During the course of the discussion the mother said to the aged woman: "When your children were young, who got up to feed them in the middle of the night?"

"Well," replied the old lady, with a twinkle in her eye, "it certainly wasn't my husband. You see, in those days we didn't have bottles."

Necessity never made a good bargain.

## Appetizing Recipes For Jams and Jellies

### Red Cherry-Apricot Conserve

1/4 cup seedless raisins  
6 cups (3 lbs.) prepared sour cherries  
1/2 orange  
1/2 cup (2 ounces) dried apricots, cut in narrow strips  
2 cups water  
4 cups (1 1/4 lbs.) sugar  
1/2 teaspoon salt

Cover raisins with hot water. Let stand 15 minutes. Drain. Wash and pit about 3 quarts sour cherries. Measure into large preserving kettle. Scrub orange, cut in quarters, remove seeds and all coarse membranes. Cut, crosswise, in very thin slices. Simmer, covered, with apricots and water until orange peel is tender, stirring occasionally.

Add to cherries, bring to a boil and cook 10 minutes longer. Add sugar and salt. Cook slowly until sugar is dissolved and mixture boils, stirring constantly. Add raisins. Boil rapidly until clear and desired consistency is reached, stirring frequently. Skim. Pour into clean, hot, sterilized glasses or jars and seal at once. The apricots keep cherry flavor mild and give good consistency.

### Raspberry Jelly

3 1/2 cups juice  
4 1/2 cups sugar  
1 box powdered fruit pectin

To prepare the juice: Crush thoroughly about 2 1/4 quarts fully ripe red raspberries. Place in jelly cloth or bag and squeeze out juice. Measure 3 1/2 cups juice into a large saucepan.

To make the jelly: Measure sugar and set aside. Place saucepan holding the juice over high heat. Add powdered fruit pectin and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1/2 minute, stirring constantly. Remove from heat, skim, pour quickly into glasses. Paraffin at once. Makes about 8 six-ounce glasses.

### Ginger Pear Preserves

Wash, pare and core the fruit and cut into small uniform pieces. For each pound of fruit use 1/2 to 3/4 pound of sugar, 1 to 2 pieces ginger-root and 1/2 lemon thinly sliced. Combine the sliced pears and sugar in alternate layers and let them stand 8 to 10 hours or overnight before cooking. Boil the lemon for about 5 minutes in only enough water to cover. Add the lemon with what water remains and the ginger-root to the pear and sugar mixture. Boil rapidly and stir constantly until the fruit is clear and of a rich amber color. Pour at once into hot sterilized jars and seal.

### Story Of The Pig And The Cow

A rich man said to his minister: "Why is it everybody is always criticizing me for being miserly when everyone knows that I have made provision to leave everything to charity when I die?"

"Well," said the minister, "let me tell you about the pig and the cow. The pig was lamenting to the cow one day about how unpopular he was. 'People are always talking about your gentleness and your kind eyes,' said the pig. 'Sure you give milk and cream, but I give even more. I give bacon and ham—I give bristles, and they even pickle my feet! Still nobody likes me. I'm just a pig. Why is this?'"

"The cow thought a minute, and then said, 'Well, maybe it's because I give while I'm still living!'"

### NEW SWING FOR CHILDREN

A swing which children do not have to push was shown at the British Industries Fair. Constructed of iron or light alloy for export, the swing is seven feet high, easily stored, moved and set up in house or garden. A little pressure on the foot-rest sets it going automatically. The maker claims his product has strong possibilities for convalescent and crippled children.

### DON'T WAIT FOR PAIN

Pain is not an early symptom of cancer. Don't wait for pain if you have reason to suspect—see a doctor at once. Many types of cancer can be cured if discovered early.

### Blackberry Jelly

3 cups juice  
4 cups sugar  
1 box powdered fruit pectin

To prepare the juice: Crush thoroughly about 2 quarts fully ripe blackberries. Place in jelly cloth or bag and squeeze out juice. Measure 3 cups into a large saucepan.

To make the jelly: Measure sugar and set aside. Place saucepan holding the juice over high heat. Add powdered fruit pectin and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1/2 minute, stirring constantly. Remove from heat, skim, pour quickly into glasses. Paraffin at once. Makes about 7 six-ounce glasses.

### Honey Beet Jam

One pound beets, honey, ginger root, almonds or hazelnuts sliced. Wash, peel and cut beets into 1/2 inch slices. Cook and drain. Add one cup of honey for each cup of beets and cook until thick. Flavor with ginger root and serve cold with almonds or hazelnuts.

### Cherry-Apple Conserve

3 cups sweet black pitted cherries  
3 cups sour red pitted cherries  
3 cups chopped apple  
6 cups sugar  
1/2 cup water

Mix cherries, apple and water. Cook 10 minutes. Add sugar. Stir well. Cook 20 minutes. Pour into hot sterilized jars. Seal at once.

### COMBINE FRUITS FOR JAM

Combined fruits make good jams. Here are good recipes for two excellent combinations:

### Strawberry And Pineapple Jam

Four cups prepared fruit  
7 cups sugar  
1/2 bottle fruit pectin

To prepare fruit, grind about 1 quart fully ripe strawberries, or crush completely one layer at a time so that each berry is reduced to a pulp. Pare 1 medium full ripe pineapple. Cut fine or grind, using finest knife of food chopper; or use 1 No. 2 can crushed pineapple. Combine fruits.

Measure sugar and prepared fruit into large saucepan and mix well.

Bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard 1 minute.

Remove from fire and stir in bottled fruit pectin. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin hot jam at once. Makes about 10 glass (6 fluid ounces each).

### Rhubarb And Strawberry Jam

Three cups prepared fruit  
4 1/2 cups sugar  
1 box powdered fruit pectin

To prepare fruit, trim and slice fine (do not peel) about 1/2 pound small red-stalked rhubarb. Grind about 1 quart fully ripe strawberries or crush completely one layer at a time so that each berry is reduced to a pulp. Combine fruits.

Measure sugar into dry dish and set aside until needed. Measure prepared fruit into a 5 to 6-quart saucepan, filling up last cup with water if necessary.

Place over hottest fire. Add powdered fruit pectin, mix well, and continue stirring until mixture comes to a hard boil. At once pour in sugar, stirring constantly. (To reduce foaming, 1/4 teaspoon butter may be added.) Continue stirring, bring to full rolling boil, and boil hard 1 minute.

Remove from fire, skim, pour quickly. Paraffin hot jam at once. Makes about 7 glasses (6 fluid ounces each).

### Here's Speedy Relief for Tender, Aching, Burning Feet

Your feet may be so swollen and inflamed that you think you can't go another step. Your shoes may feel as if they are cutting right into the flesh. You feel sick all over with the pain and torture; you'd give anything to get relief.

Two or three applications of Moore's Emerald Oil and in a few minutes the pain and soreness disappears.

No matter how discouraged you have been, if you have not tried Emerald Oil then you have something to learn. Get a bottle today at any good drug store—anywhere.

—By Les Carroll

### THE TILLERS





## OUR COMPLETE SHORT STORY—

"TILT"

By

CHAZ LEWIS

Jim Knew A "Tilt" Sign  
When He Saw One.

NICK'S was a nice place to eat, and Mary Shanahan saw nothing wrong with waiting on tables. One of these days maybe Jim would ask her to get married, and that would be time enough to give up her job. Her eyes swept across the room to Jim, dallying, as he always did when he waited for her, around the pin-ball machine.

"When I move into my own place," he had told her, "I'll have to have one of these infernal machines. Sentimental reasons, you know."

Mary smiled, and Jim, seeming to feel the warmth of it clear across the room, across the scattered heads of the dinner hour's last stragglers, turned and nodded. He looked so handsome, so boyish, standing there, she stood for a moment enjoying each wild thump of her heart.

"You made up your mind about him yet?" The voice of Nick, the boss, was at her shoulder.

"I sure have, Nick. I'm crazy about the big lug."

"I dunno," said Nick. "Like him better if he worked... well... like the rest of us."

"He'll settle down, Nick." Mary felt herself smiling. "Just last evening he was saying he had an idea for a business of his own. Promised he'd tell me all about it tonight."

"He gets too many tilts on that machine to suit me," Nick grunted. "Somehow Nick's last remark stuck in her mind. It angered her to think of it. In the first place, Nick really had no right to say such a thing. In the second place anyone but a fool could see that Jim was a regular guy. There wasn't a waitress in the restaurant who hadn't at some time or other 'o-o-ohed and a-a-ahed' over him. In the short two weeks she had known him he hadn't made a single ungentleman-like pass at her. In fact, she hadn't yet received her first kiss!"

"I ought to give Nick a piece of my mind," she chided herself as she doffed her uniform and gave her nose a pat of powder before joining Jim.

"Another tilt, kid," he grinned, turning from the pinball machine as she walked up.

If she paled, she couldn't help it, because his words, coming as they did, smacked her right between the eyes.

"Did I say something wrong?" he queried.

Because it was her first lie to him, there was a sinking feeling in her heart as she shook her head. But she just couldn't bring herself to repeat what Nick said. She colored just thinking about it.

"I needed this fresh air," she said, once on the street, firmly anchored to her arm.

"You got something on your mind, kid?"

"No," she lied again.

"Well, I have," he grinned. "It's about those pinball machines. What a racket! If a fellow could put in a string of those machines, he could make a killing!"

"Pinball machines, Nick?"

"Nick?... He whirled on her accusingly.

"Jim, please... It was just something that was on my mind, that Nick said, and my tongue slipped. Why—"

"Okay, okay," he said quickly, giving his wide shoulders a shrug.

They walked on in silence, their faces awash with gaudy color as they passed beneath a blinking neon.

"You're not angry, Jim?"

"Forget it," he advised. Then, "You heard what I said about the pinball machines?"

"We could make a killing with a string of those machines," he said sharply, "but it's a hard racket to break into — the smart guys been ahead of us. Got the good spots lined up."

"Are you serious, Jim?" A needle of fear pricked at Mary's heart.

"Serious? Kid, I spotted you as the answer the first time I walked into Nick's place. Looks, class, smart! But I wanted to be sure, so I waited until tonight."

## HEALTH

## Some Allergies Said Pre-Natal

Many infants are sensitive to certain foods they have never eaten because they had been so sensitized before birth, states Dr. H. E. Edwards in an article — "Food Allergy" — in the "Memo to Mothers" section of the Health League of Canada's magazine Health. Dr. Edwards is with the Hospital for Sick Children, Toronto, and the Department of Pediatrics, University of Toronto.

"This may occur when a pregnant mother gets a food craving and over-indulges," writes Dr. Edwards. "Some of this food gets into her blood stream and through to the baby's blood stream and may sensitize receptive cells in its body."

"An example of this is the finding of a baby who is sensitive to chocolate and its mother who admits the over-indulgence of chocolate during the latter months of pregnancy, either to taste a craving or to disguise the taste of the milk she drinks."

2889

"But I don't understand a word you're saying — not a single word. Why, I—"

"I figure it like this, kid," he interrupted her. "With your looks you move into a cafe, or a club, and you get a job as a waitress. You shine up to the boss, soft soap him along a little, and then you ask him who put in his pinball machine. You tell him you know where he can get a better one, and you pour the sugar on. Get the idea? Once we get a machine in, we just repeat the whole procedure at another joint. Simple, huh?"

"Then you — you haven't really been on the level about us, Jim?" Her own voice sounded so small and still, so dead, that it seemed someone else had picked her desperate thoughts out of the air and given them utterance.

"On the level!" Only for a moment were Jim's dark eyes puzzled.

"Sure I'm on the level, kid," he chuckled, winking knowingly. "Any time you're ready to start into business, we'll grab ourselves an apartment. We'll let old Mr. Nick have our first machine."

Mary Shanahan had to stop and steady herself. She turned slowly and faced him, wanting him to see the full horror that she knew lay in her eyes, wanting him never to forget it, never as long as he lived. Then she slapped him.

For a moment he stared in sheer disbelief, fingering the growing red spot on his cheek. Then he grabbed her. She winced under the cruel pressure of his grip, but her eyes never wavered. Finally, with a brittle laugh, he released her.

"And I thought you were a smart kid," he sneered.

Mary Shanahan didn't answer. She didn't have to. And Jim—well, Jim knew a TILT sign when he saw one. (Copyright Wheeler Newspaper Syndicate)

## Let Picnickers Do Own Work

Letting picnickers make their own sandwiches saves work in the kitchen and is more fun for all.

Just take along the sandwich fillings and some plain bread-and-butter sandwiches or buttered rolls. Keep meat or egg mixtures cold—in an insulated container or in a deep dish surrounded by ice and wrapped in newspaper.

Fresh vegetables can come to the picnic crisp and cool in covered jars, plastic bags, or wrappings of waxed paper or aluminum foil—surrounded with ice in a pail. Wrap the pail in newspapers for insulation. Keep fruits and bottles of fresh milk, ginger ale, or fruit juice in the same icy pail to keep them chilled.

For safety, it's important to keep meat, poultry, and egg dishes piping hot or thoroughly cold for picnics, the specialists point out. They need to be kept either hot or cold from the kitchen to time of eating. If such foods cannot be kept hot, it's safest to chill them thoroughly before packing and reheat or serve cold at the picnic.

Picnics can be as well-balanced as home-served meals. Provide protein by including one of these on the menu—eggs, cheese, poultry, fish or meat. And have a variety of fruits and vegetables.

## NURSERY EQUIPMENT

## Suitcase Is Cot And High Chair

LONDON.—British mothers worried about the quantities of nursery equipment necessary for holiday travel have had their problems solved by Robert Chivers of Camberwell District Nursing Association.

Chivers has designated a suitcase-cum-high-chair-cum-cot.

A deep, roomy suitcase with jointed middle and flap-end, it can be opened out and supported on any ordinary chair. One half touches the floor in a leg-rest, the other forms the chair back with flap resting backwards to give head-room. A fitted tray keeps baby safely secured.

At night the case is opened flat on the floor and forms a cot.

## CHORES MAKE WOMEN LIVE LONGER, SAYS DOCTOR

Doing housework enables women to live longer than men, according to Dr. O. Olbrich, consultant in geriatrics (the care of elderly people) at a Weirside hospital, London.

He said: "A woman always has dozens of little jobs to do. She has a purpose in life which makes her live longer."

But lack of occupation often caused a man of sixty-five to deteriorate when, if happily employed, he could do useful work up to the age of seventy-five.

Dr. Olbrich said a voluntary organization should be set up to find part-time paid jobs for retired men.

For health, strength, energy, vitality and consequent natural resistance to illness, eat more whole wheat bread—and, whole grain cereals.

## FISH-EYE VIEW OF A NON-SWIMMER!



CANADIAN RED CROSS SOCIETY

Swimming Water Safety PROGRAMME

## Good Suggestions For Walks Into The Mountains

If you are going any distance into the mountains do not rely on an electric flashlight. Good candles—are indispensable. A good light or "bug" can be made from a five pound lard pail or jam tin, with a jagged hole in the side to hold the candle and the handle placed lengthwise of the tin directly above it.

To avoid sore feet, wear large shoes with small hob nails that cannot be felt through the soles, a thin pair of socks, soaped on the heel on the inside next to the feet, and a heavy pair of woolen socks over them. This will positively prevent blisters.

If you fall into the water, no matter how cold the weather, take off your clothing and wring it out as dry as possible and put it on again. You will be warmer afterwards and avoid colds or worse.

For ordinary climbing, here are some hints. Be careful not to start a boulder or rotten log if anyone is below you. Avoid deep draws and creek beds. Angle upwards where possible. Keep your balance and don't trust to branches or brush. It is easier to get up a difficult place than down it.

## LIGHTNING SUPPRESSOR

## Seeding Process May Control Electricity In Clouds

At a recent scientific conference on thunderstorm electricity held at the University of Chicago, E. J. Workman, president of the New Mexico School of Mines, and S. E. Reynolds, project supervisor, told of experiments they had made which indicate that a "seeding" process, like that used to produce rain, may lessen the amount of electricity generated in clouds.

In thunderstorms moisture is carried into the upper level of the storm, where it freezes. And when water freezes electricity is generated.

In laboratory experiments chemicals were dropped into freezing water. In this way the New Mexico investigators were able to decrease the amount of electricity generated in the freezing process. Chemicals were also introduced into actual clouds during heavy rains on three occasions. In each instance the electrical generating powers of the thunderclouds were lessened.

Sound films are often used to record legal contracts.

## WAKE UP YOUR LIVER BILE—

Without Calomel—And You'll Jump Out of Bed in the Morning!

The liver should pour out about 2 pints of bile juice into your digestive tract every day.

If this bile is not flowing freely, your food may not digest. It may just decay in the digestive tract. Then gas blows up your stomach. You get constipated. You feel sour, sunk and the world looks punk.

It takes those mild, gentle Carter's Little Liver Pills to get those 2 pints of bile flowing freely to make you feel "up and up."

Get a package today. Effective in making bile flow freely. Ask for Carter's Little Liver Pills, 85¢ at any drugstore.



## "Play It Safe" Good Motto For Summer Vacationists

"PLAY it safe" is a good motto for the summer vacationist. Holidays usually mean pleasant bathing on sunny beaches, invigorating walks in leafy woods and healthful sports in the open air—but they can also mean sunburn, poison ivy and a wrenched back. In a few tragic cases they may involve something far worse.

What you make of your holiday, however, is up to you. If you observe a few simple rules of safety and common sense there is no reason why this year's vacation should not be the best ever.

In the first place, avoid too much sun in too large doses if you want to escape painful burns. About 10 minutes of the stuff at one time is plenty for a start. You can gradually increase the dosage after that. A good suntan oil also helps to give the skin a golden brown color instead of that brick red hue.

Steer clear of violent exercise in summer heat. Sunstroke is not very pleasant either.

## IMPORTANCE OF REST

## Sleep Is A Normal Process

Some adults have died relatively young who would have enjoyed a much longer life span had they given proper attention to the importance of rest. Others may have failed in business or home duties because of a bad temper, or because of jumpy nerves because they tired easily. Lowered resistance due to overwork and lack of sufficient sleep very often predisposes to colds. Such troubles could well be avoided by taking more rest.

The average person requires a minimum of 8 hours sleep every night. For young children, an average of 12 to 14 hours, is suggested; for adolescents, it should be at least 9 or 10, if at all possible.

Unfortunately some people find that they cannot sleep the required number of hours because they suffer from insomnia. Among the principal causes of insomnia are anxiety, and often it is simply a matter of fear of not being able to sleep. In such instances, many resort to sleeping pills, a practice which leads to complete slavery.

Should one become conscious of insomnia, or be an habitual user of sleeping pills, it will take a bit of will-power to regain control and learn to relax once again without artificial aids. Confidence in being able to sleep will return and it will become a matter of auto-suggestion.

The National Health Association states that sleep is a normal process and essential to a long active life. If you continue to be troubled with sleepless nights, consult your physician who will help you to find the underlying cause.

## SLEEP FOR HEALTH

Dancing until dawn may be romantic but when it means two hours sleep before a heavy day, it loses some of its glamor. Everyone, regardless of age, needs an adequate amount of sleep to stay healthy. Most of us need an average of eight hours a day. It's wise to time late-night parties for the week-end when the following day's activities may not be so pressing.

## SANITARY PRECAUTIONS

Foodhandlers, whether in a commercial establishment or in the home, should not touch the rims or insides of cups and glasses — and, silverware and cutlery, should be handled only by the handles.

Holidayers here need to worry little about venomous snakes, but poisoned plants and berries have no skull and crossbones to warn off the unwary. Poison ivy can also make life miserable for those unfortunate enough to run across it.

If you want to avoid such vegetable menaces to your happy holiday it is best to make a study of them in encyclopedias, or reputable nature books. Regina's provincial museum can also give good advice about the untouchables of the plant world.

Drowning is a pretty drastic way to end a holiday. Best way to guard against such a tragedy is to take a few simple precautions. Remember that swimming alone, particularly after dark, is to court disaster. Don't take your dips immediately after meals unless you want stomach cramps. An hour and a half wait is a good interval between dinner and diving.

Horseplay in canoes and boats is just plain foolishness. Better learn to swim before you attempt sailing and canoeing. And just in case you do upset it is well to be dressed lightly when that happens.

High dives into shallow water are good for nobody but the undertaker. Eight feet of water makes a bare minimum of a cushion to your high board acrobatics. At that it is a good idea to sound out the lake bottom for submerged rocks and stumps.

Knowledge of artificial respiration methods is often good life insurance for somebody. If you do ever have to make use of it, above all begin resuscitation right away and keep it up.

First aid kits can relieve pain and contribute to longevity. But don't forget that they are not much use unless you know how to use them. And at best they are, in serious cases, only a stop-gap device useful until the doctor comes.

Unless you want to become an unintentional pyromaniac remember to light your campfires away from combustible underbrush. Then when you are finished with them, put them out — right to the very last ember.

Remember that automobiles are just as lethal on country roads as they are in the big city. In your after-dusk ambles walk on the side of the road facing traffic. If you wear something white it will help, too.

Water of unfamiliar origin may be dangerous to drink. Boiling is the best safeguard against unfriendly germs.

If hunting is your hobby, treat those firearms with respect. Indiscriminate gun-pointing may bring an unusual trophy—yourself.

All of which may seem like a good many things to remember when you take that holiday. But if you do remember them your vacation should be a happy one.

What is more important, it should be safe.



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# READ SIGNS OF LIFE NEED


**CARS BY THEMSELVES ARE NOT KILLERS**

The modern automobile, given reasonable attention and care, is mechanically safe. But you can't always trust the man or woman at the wheel.

Most of the traffic accidents this season — by a wide margin — will be due to HUMAN FAILURE... not anything going wrong with the car itself. Drivers will fall asleep. They will pass on hills and curves. They will take their eyes off the road; they will do other foolish things, forgetting that the impact of collision at 60 miles per hour is precisely the same as driving a car off the roof of a fourteen-story building.

**DEATH IS TOO HIGH A PRICE TO PAY CARELESSNESS**

**Be Careful - the life you save may be your own!**



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(Continued from page 1)

### MIGRATION MIRACLE

consultation and treatment. There is also a dental clinic which caters to neighboring camps as well as this one. An ambulance is available for transporting patients to hospitals when necessary, hospitals used are German and P.P.'s who are socially insured are able to use them free. Hospital bills for others are met by D.P. Division through IRO funds.

It is with an air of pride that the doctor shows us through the five wards each having four beds, which make up the sick bay. The linen is spotless and by the open windows are vases of huge roses, yellow and red. The dispensary is equally clean and is remarkably well stocked with drugs.

In the health program, D.P. division and IRO utilize to the full the services of the D.P.'s themselves to maintain a high standard of health. The aim is to prevent disease as well as cure it, and to this end the DPACCS doctor inspects lavatories and drains; tests water in the camp once a week and carries out immunization of the D.P.'s, as a routine measure against smallpox, typhoid, diphtheria, and against epidemic typhus cholera, yellow fever when necessary. Clinics for mothers, special centres for underweight children had a comprehensive tuberculosis survey using mass radiography are among other health measures in operation.

(To be continued.)

### CARD OF THANKS

The family of the late Mrs. Frances Louisa Robinson wish to thank their neighbors and all kind friends for the beautiful flowers and messages of sympathy received. Also those who assisted them in any way during their sad bereavement.

J. J. Robinson and Family.

### HOW'S YOUR BANK ACCOUNT

It is a common thing for parents to open a bank account for a very

young child, taking care of the account until the child is old enough to manage it. Then the bank book is turned over, and Dick or Ruth shoulders a new responsibility.

In this way the child is early in life taught the valuable habit of thrift. Practical lessons in the keeping of accounts and records are learned. And as these small savings are conserved and mount upwards a substantial sum of money is created which will make adequate provision for the later education of the child, or constitute a reserve of capital to start a boy in business or enable a girl to assist in establishing their own home.

Famous leaders in commerce have said that regular saving, even on a small scale is the surest foundation for financial success. To save only five dollars a week is to build up a financial reserve, which will grow. To contract five dollars debt weekly is to accumulate a growing burden.

Nature starts each of us in life with an account at the Bank of Health which is handled in trust by older folk, until we reach the age of responsibility for the care of the body. It makes all the difference in the world whether we handle our health account wisely or foolishly.

How is your account at the Bank of Health? Have you a good balance? Is it shrinking instead of growing? You ought to know. Nature abhors and punishes waste while she approves and rewards thrift, both in what we call the realm of nature and in the individual human life.

Experts tell us that reckless and unchecked cutting and fishing threaten the existence of some of the world's largest forests and fisheries. The supplies we thought unlimited may fail. We are learning that continuance of supply depends on conservation which is simply a bigger word for thrift.

The same is true of health. Nature exacts heavy penalties for waste. Preventive work promotes and assists the practice of health thrift.

Just as a savings account is built up by small deposits, so too, must our health reserve be built up. Enough food and exercise, enough rest and relaxation, must be deposited in the Bank of Health every twenty-four hours. These deposits must be in good currency, too. Nature, like our bankers, accepts no bad bills or counterfeit coins.

**ST. ANDREW'S CHURCH**  
Sunday July 30th.  
Morning prayer 11:30 a.m.  
Rev. D. Houghton, B. A., Incumbent.

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With faith in the future men and women work more eagerly. They know their individual initiative and enterprise will produce its worthwhile reward. The thousands of well established farms throughout Alberta justify this faith. They also justify the system of Free Enterprise which makes them possible.

These farms today belong to free men and women. But they will remain so only as long as men and women treasure the right to dream, to hope and to plan; and only as long as you and your neighbors value the privilege that enables your individual enterprise to make your dreams, hopes and plans come true.

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